

# *We're making it easy to* **take care of your health!**

*The City of Milwaukee now offers a free wellness center for all employees and spouses.*

## **The Wellness Center provides:**

- Individual or group health coaching appointments with our certified wellness coaches.
- Review of your doctor's recommended care plan with the support, tools and resources you need to stay on track with the plan.
- Help in finding the right doctor or health care service.
- Drop-in or scheduled appointments.
- Confidentiality, with wellness center staff held to rigorous privacy standards.



**Call 414-286-5707 to  
schedule your appointment.  
Drop-ins are welcome on a  
first come, first served basis.**

**Monday** 8 a.m. - 3:30 p.m.

**Tuesdays** (Dietitians onsite)

9:30 a.m. - 1:30 p.m.

(last appointment starts at 1 p.m.)

**Wednesday** 8 a.m. - 3:30 p.m.

**Thursday** 8 a.m. - 3:30 p.m.

The Wellness Center is located  
at the Market Street entrance  
to the Zeidler Building.  
[workforcehealth.org](http://workforcehealth.org)



## Meet the Wellness Center Staff



**Barb Scotty, ACSM**  
*Registered Clinical  
Exercise Physiologist*

Barb's passion is working with clients to improve their wellness and health, one step at a time. She enjoys providing support to people that

want to take an active interest in their lifelong health. She strongly believes that we can all be well within our limitations.



**Karin Peterson,**  
*MSMOB, ACSM*  
*Wellcoaches certified  
Fitness & Wellness Coach*

Karin uses a positive approach and guides individuals through the process of lifestyle behavior change. She helps identify personal strengths to gain control of daily stressors. Karin focuses on both short and long term stress relief.

## The free Wellness Center is designed to be a go-to source for keeping you healthy. Our services include:

- Blood pressure checks
- Diabetes coaching
- Health coaching
- Nutrition questions
- Physical activity guidance
- Physician referrals
- Preventive screening recommendations
- Registered dietitian weekly
- Simple lab test such as blood sugar and cholesterol
- Tips for restful sleep
- Tobacco cessation resources
- Weight management

We also provide a number of group services such as risk reduction programs or education sessions. Research shows that patient education, regular interaction with a health care team and the dynamic of being "accountable" to a group pay off in keeping helping people healthy. Managers and supervisors, contact us at **414-286-5707** for any team building challenges or wellness events for your staff.

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